



Northampton Aquatic & Family Center @ JFK Middle School, Bridge Rd. Florence

Yoga



Relax, renew and stretch out as you learn breathing techniques, gain in concentration, and increase mental clarity in this all level yoga class taught by local yoga instructor, Leigh Bailey. Yoga is said to be the world's most perfect form of exercise; it increases flexibility supports overall lung & organ health, reduces stress and offers deep relaxation.

Winter Session A: beginning December 20, 2006

Winter Session B: beginning February 7, 2007

Day(s): Wednesdays (6 classes)

Time: 6:00 - 7:15 PM

Location: Aquatic & Family Center

Fee: \$48 / \$60 / \$70

Fees listed in the order of Member / Non-Member / Non-Member, Non-Resident

Walk-Ins are welcome @ \$10/\$12/\$15 per visit.

****Participants may want to bring their own mat or a blanket to lay over one borrowed from the instructor.***

Please note: when school is closed due to inclement weather, the AFC will be closed and class will be cancelled (and made up at a later date).

**Registrations accepted at the AFC @ JFK Middle School, Bridge Rd., Florence
Mon-Fri 4-8pm & Sat and Sun 10am-5pm- 587-1046 or
at the Recreation Dept., 90 Locust St., Northampton
Mon-Fri 8:30 am-4:30 pm- 587-1040.
www.northamptonma.gov/recreation**